

# TEAM Nutrition



## NC Schools Create Healthful School Nutrition Environments

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# TEAM Nutrition



## 2002 Team Nutrition Training Grant

- **Six Modules**
  - Policy and environmental changes
- **Training (x2)**
  - Teams
- **Demonstration Projects**
  - 2003-04 school year

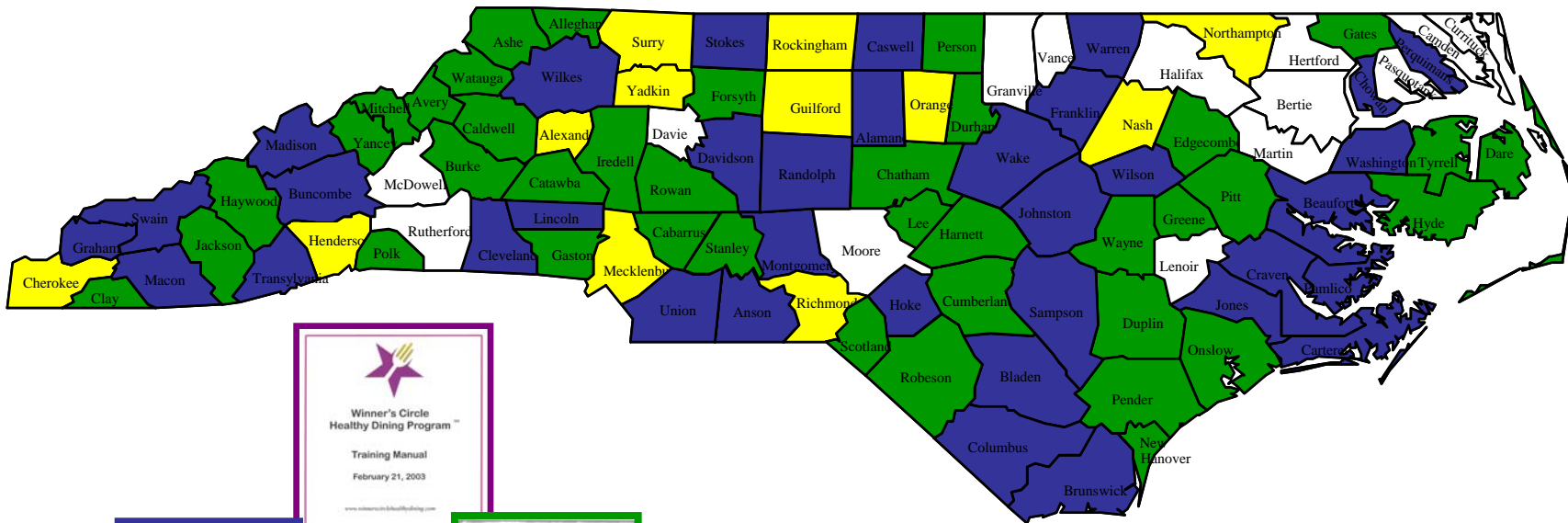
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## Special Thanks

- **Six Modules**
  - SNAC Partners and Nutrition Services Branch
- **Training (x2)**
  - Teams, trainers, SNAC Partners, Nutrition Services Branch, Northwest AHEC and more
- **Demonstration Projects**
  - Teams, partners, school administrators, child nutrition staff, students, teachers, parents and more

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## Menu of Options

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## Alexander County Schools

### Food for Thought Winner's Circle



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## Proudest Accomplishment

- The Food for Thought workshop sparked interest for some of the third grade teachers resulting in the development of very creative ways to integrate nutrition and physical activity into the school day

## Biggest Challenge

- Trying to get teachers to utilize the Food for Thought materials and resource library

## Lesson Learned

- Surveys need to be very specific and the information measurable. Surveys were very difficult to retrieve from teachers and students

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## Chapel Hill/Carrboro Schools

### Milk Promotion



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## Proudest Accomplishment

- Increased milk consumption among high-school students and staff

## Biggest Challenge

- School involvement from principals, teachers and students

## Lesson Learned

- Let everyone know what you are doing but waiting may not be productive



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## Charlotte/Mecklenburg Schools

Winner's Circle  
5 A Day

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## Proudest Accomplishment

- Bulletin board kits developed to spread nutrition messages now implemented system-wide in all 149 schools
- At the project's conclusion 84% of students had knowledge of WC and 5 A Day (up 16.25% for WC and 8.22% for 5 A Day)

## Biggest Challenge

- Teachers incorporating nutrition education into the classroom with the lesson plans and teachers completing surveys

## Lesson Learned

- An inverse relationship exists between knowledge and selection of WC foods directly related to free and reduced-price status
- Students' disposable cash and environment are primary indicators of food selection

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## Cherokee County Schools

Milk Promotion

Walk to School

Food for Thought

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## Proudest Accomplishment

- Uniting Cherokee County Schools, communities, teachers, parents and students for a common goal of improving the school nutrition environment

## Biggest Challenge

- Finding time to implement these activities throughout our entire county

## Lesson Learned

- The investment and involvement of others are essential to the success of a project or policy change

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## Guilford County Schools

### Milk Promotion Portion Sizes



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## Proudest Accomplishment

- Ability to use a similar format with another grant to provide follow-up nutrition education exposures to students, their families and staff of three middle schools

## Biggest Challenge

- To remain on our planned project schedule with activities
- It was difficult to establish consistent, timely correspondence with PTA presidents/principals

## Lesson Learned

- Mutual goals can be successfully met

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## Henderson County Schools

Food for Thought  
Winner's Circle  
Walk to School



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## Proudest Accomplishment

- The involvement and ownership of the program demonstrated by the staff and students at two of the three project sites

## Biggest Challenge and Lessons Learned

- It is very important for the principal to be on board and to encourage and support his/her staff with the project. Even though everyone knows good nutrition and physical activity are important and should be stressed, every school needs a cheerleader to engage the participants



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## Nash/Rocky Mount Schools

Food for Thought  
Walk to School  
Winner's Circle

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## Proudest Accomplishment

- The EXCITEMENT expressed by students especially with NAC, Winner's Circle and the walking contest

## Biggest Challenge

- TIME is a valuable resource for everyone...finding ways to tap into this resource has been the biggest challenge

## Lesson Learned

- Distribution of the *Food for Thought* curriculum should have gone directly to the users with some training rather than through a representative to pass along. Also, would have been better if distributed at the beginning of the school year

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## Northampton County Schools

### Milk Promotion Food for Thought Winner's Circle



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## Proudest Accomplishment

- Increased lunch participation in paid sales
- Elimination of vending machine

## Biggest Challenge

- Overcoming loss in revenue with initial implementation of healthy snacks

## Lesson Learned

- Supply influences demand

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## Richmond County Schools

Food for Thought  
Walk to School



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## Proudest Accomplishment

- This program laid the groundwork for a larger scale, 4-county program in conjunction with the NC Health and Wellness Trust Fund Commission. In addition, the cooperation and willingness of school personnel to participate and try something new opened many doors for future efforts in this area

## Biggest Challenge

- Finding a true measure for determining success

## Lesson Learned

- Despite some logistical challenges, a younger target audience is very receptive to the information presented. Changes in attitude and behavior seem easier to accomplish than with older audiences

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## Rockingham County Schools

### 5 A Day Winner's Circle



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## Proudest Accomplishment

- Developing the Dolphin Diner - 200 children, staff and families enjoyed the healthy menu
- Spinach and artichoke dip, side salads, pasta bar and fresh fruit parfaits

## Biggest Challenge

- Working around snow days and staff schedules for nutrition education sessions

## Lesson Learned

- Communication must exist between parents, students, staff and principal no matter how big or small the message is - no one can do this project alone



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## Surry County Schools

### Juice Promotion 5 A Day Winner's Circle



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## Proudest Accomplishment

- Implementation of a healthy beverage policy (including 100% fruit juice, water and low-fat milk) in the two targeted elementary school

## Biggest Challenge

- Implementing the Winner's Circle Program

## Lesson Learned

- Every good plan needs a back up plan

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## Yadkin County Schools

### Food for Thought Winner's Circle

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## Proudest Accomplishment

- Student excitement about health - students look and ask for healthy choices, students realize the value of being healthy and the programs implemented with the project will continue in future school years

## Biggest Challenge

- Relating the value and importance of the goals in the project to teachers and cafeteria staff - training sessions with principals, teachers, and cafeteria managers were essential in getting them onboard with our project

## Lesson Learned

- Teachers will see more value in a program if they hear it from another teacher

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## For more information:

- [www.nutritionnc.com](http://www.nutritionnc.com)
  - Soft Drinks and School-age Children
  - Portion Sizes and School-age Children
  - 5 A Day and School-age Children
  - 2002 TN Grant Summaries
- [www.eatsmartmovemorenc.com/tools.htm](http://www.eatsmartmovemorenc.com/tools.htm)
- <http://schoolmeals.nal.usda.gov/>